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 United States Department of Agriculture
 Food Economics Section, Bureau of Home Economics

Not for publication

U. S. Department of Agriculture

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

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Grain products, fats, sugars, and foods in the miscellaneous groups: Calories and nutrients other than vitamins taken from "A Laboratory Handbook for Dietetics," M. S. Rose (1929).

Foods in the cheese, milk, and cream groups: Proximate composition taken from U.S.D.A. Farmers' Bulletin No. 1705, "Milk for the Family," (1933); mineral values from Rose's Laboratory Handbook, (1929).

Fruits and vegetables: Calories and nutrients other than vitamins derived as follows: Calories, protein, fat, and carbohydrate for food both as purchased (AP) and edible portion (EP) from U.S.D.A. Circular No. 50, "Proximate Composition of Fresh Fruits," (1928), and from U.S.D.A. Circular No. 146, "Proximate Composition of Fresh Vegetables," (1931); calcium and phosphorus, EP, from percentages given in "Food Products" (3d ed. 1933), H. C. Sherman, and "Chemistry of Foods and Nutrition" (4th ed. 1932), H. C. Sherman; iron, EP, from percentages given in U.S.D.A. Circular No. 205, "Iron Content of Vegetables and Fruits," (1931); AP values for calcium, phosphorus, and iron have been computed from the EP figures, by using percentage of refuse as given for each item in Circulars No. 50 and No. 146; figures for dried legumes and nuts from Rose's Laboratory Handbook. All fruits and vegetables are fresh, unless otherwise stated; all figures for food as purchased (AP) refer only to the constituents of the corresponding edible part (EP), and are calculated from percentage of AP weight which is ordinarily used as food.

Meats and fish: Calories and nutrients other than vitamins derived as follows: Calories, protein, fat, and carbohydrate from Rose's Laboratory Handbook; mineral values from estimations given by Sherman's Chemistry of Foods and Nutrition (pp. 556, 557) -- for fish per 100 grams of protein, 0.109 g Ca, 1.148 g P, 0.0055 g Fe; for meat per 100 grams of protein, 0.058 g Ca, 1.078 g P, 0.015 g Fe.

Vitamin values have been calculated from U.S.D.A. mimeographed publication "Vitamin Content of Food -- a Digest of Available Data" (1935).

Figures in parentheses represent imputed values.

Letters at left refer to notes explaining the source of figures not derived as described above.

*Indicates zeroes added for convenience in using calculating machines, but not representing degree of accuracy.

- A. Fat and carbohydrate figures adjusted to correspond to calorie values.
- B. Calculated in the Bureau of Home Economics from standardized recipe.
- C. Proximate composition from Sherman's Food Products.
- D. Proximate composition from Sherman's Food Products; mineral values calculated on basis of 1/2 graham, 1/2 patent flour.
- E. Mineral values supplied by Hawley.
- F. Proximate composition from unpublished data in the Bureau of Home Economics; mineral values from Sherman's Chemistry of Foods and Nutrition.
- G. Proximate composition from Conn. (New Haven) State Agr. Expt. Sta. Bull. No. 319, (1930).
- H. Mineral values from Sherman's Food Products.
- I. Figures based on equal weights of corn meal, rice, and oatmeal.
- J. Phosphorus from Taylor and Iddles, Ind. and Chem. Eng. 18 (1926).
- K. Unpublished data, Bureau of Home Economics.

- L. Mineral values from Sherman and Gillett, Pub. No. 121, New York Association for Improving the Condition of the Poor. (1917).
- M. Proximate composition from Conn. (New Haven) Agr. Expt. Sta. Bull. No. 319, (1930); mineral values supplied by Hawley.
- N. Proximate composition and mineral values from Sherman's Food Products.
- O. Proximate composition from Rose's Laboratory Handbook.
- P. Calcium and phosphorus from Kramer, Jour. Amer. Dietetics Assoc. 11 (1935); iron value calculated from fresh milk, on basis of protein relation.
- Q. Proximate composition from U.S.D.A. Farmers' Bull. No. 1705 (1933); mineral values from Rose's Laboratory Handbook.
- R. Iron value calculated from value of EP food material, on basis of protein relation.
- S. Iron value from Forbes and Swift, Jour. Biol. Chem. 67 (1926).
- T. Proximate composition from U.S.D.A. Circular No. 230 (1932).
- U. Calcium value from Sherman and Gillett, Pub. No. 121, New York Association for Improving the Condition of the Poor. (1917).
- V. Proximate composition, calcium, and iron from unpublished data, Bureau of Home Economics; phosphorus from Sherman's Chemistry of Foods and Nutrition.
- W. Proximate composition and mineral values supplied by Hawley.
- X. Mineral values from Rose's Laboratory Handbook.
- Y. Mineral values from Sherman's Chemistry of Foods and Nutrition, (3d ed., 1926, pp. 588, 592).
- Z. Proximate composition, calcium, and phosphorus from Rose's Laboratory Handbook; iron value from U.S.D.A. Circ. 205.
- AA. Proximate composition from U.S.D.A. Off. Expt. Sta. Bull. No. 28 (1906); calcium and phosphorus values from Sherman's Chemistry of Foods and Nutrition; iron value from U.S.D.A. Circ. 205.
- BB. Mineral values calculated from EP food material, on basis of calorie relation.
- CC. Calcium and phosphorus from Sherman's Chemistry of Foods and Nutrition; iron value from Peterson and Elvehjem, Jour. Biol. Chem. 78 (1928).
- DD. Proximate composition from unpublished data, Bureau of Home Economics; iron value from Peterson and Elvehjem, Jour. Biol. Chem. 78 (1928).
- EE. Calcium and phosphorus from Sherman and Gillett, Pub. No. 121, New York Association for Improving the Condition of the Poor. (1917).
- FF. Mineral values calculated on basis of 65 percent of total net weight representing EP food material.
- GG. Proximate composition and minerals calculated on basis of 65 percent of total net weight representing EP food material.
- HH. Figures calculated at $4\frac{1}{2}$ times fresh EP food material.
- JJ. Iron value from Van Slyke et al., New York (Geneva) Agr. Expt. Sta. Bull. 265 (1905).
- KK. Proximate composition and mineral values calculated on basis of 65 percent of total net weight representing EP food material, plus 8.8 percent sugar.
- LL. Proximate composition and mineral values calculated on basis of 55 percent of total net weight representing EP food material, plus 8.8 percent sugar.
- MM. Calories, protein, and mineral values from Rose's Laboratory Handbook; figures for fat and carbohydrate from U.S.D.A. Off. Expt. Sta. Bull. 28 (1906).
- NN. Proximate composition from Rose's Laboratory Handbook; mineral values from Sherman's Chemistry of Foods and Nutrition (values for apples from 3d ed. 1926; for citron, from 4th ed. 1932).
- OO. Proximate composition calculated at $4\frac{1}{2}$ times fresh EP food material; calcium and phosphorus from Sherman's Chemistry of Foods and Nutrition; iron from U.S.D.A. Circ. 205.
- PP. Proximate composition from Rose's Laboratory Handbook; mineral values on basis of relation between calories AP and EP.
- QQ. Calculated on basis of information in Sherman's Food Products, p. 398.
- RR. Calories and protein value supplied by Hawley; carbohydrates based on assumption that all calories are from protein and carbohydrate; mineral values from Sherman's Chemistry of Foods and Nutrition.
- SS. Proximate composition from unpublished data, Bureau of Home Economics; mineral values calculated on basis of relation between calories AP and EP.
- TT. Proximate composition from Conn. (New Haven) Agr. Expt. Sta. Bull. No. 287 (1927).
- UU. Figures calculated from standardized recipes used in the Nat'l. Child Res. Center, Washington, D.C.
- VV. Proximate composition from Rose's Feeding the Family, (3d ed 1929).
- WW. Proximate composition based upon data in U.S.D.A. Technical Bulletin No. 440, "Shrinkage and Heat Penetration During the Roasting of Lamb and Mutton as Influenced by Carcass Grade, Ripening Period, and Cooking Method." (1934).

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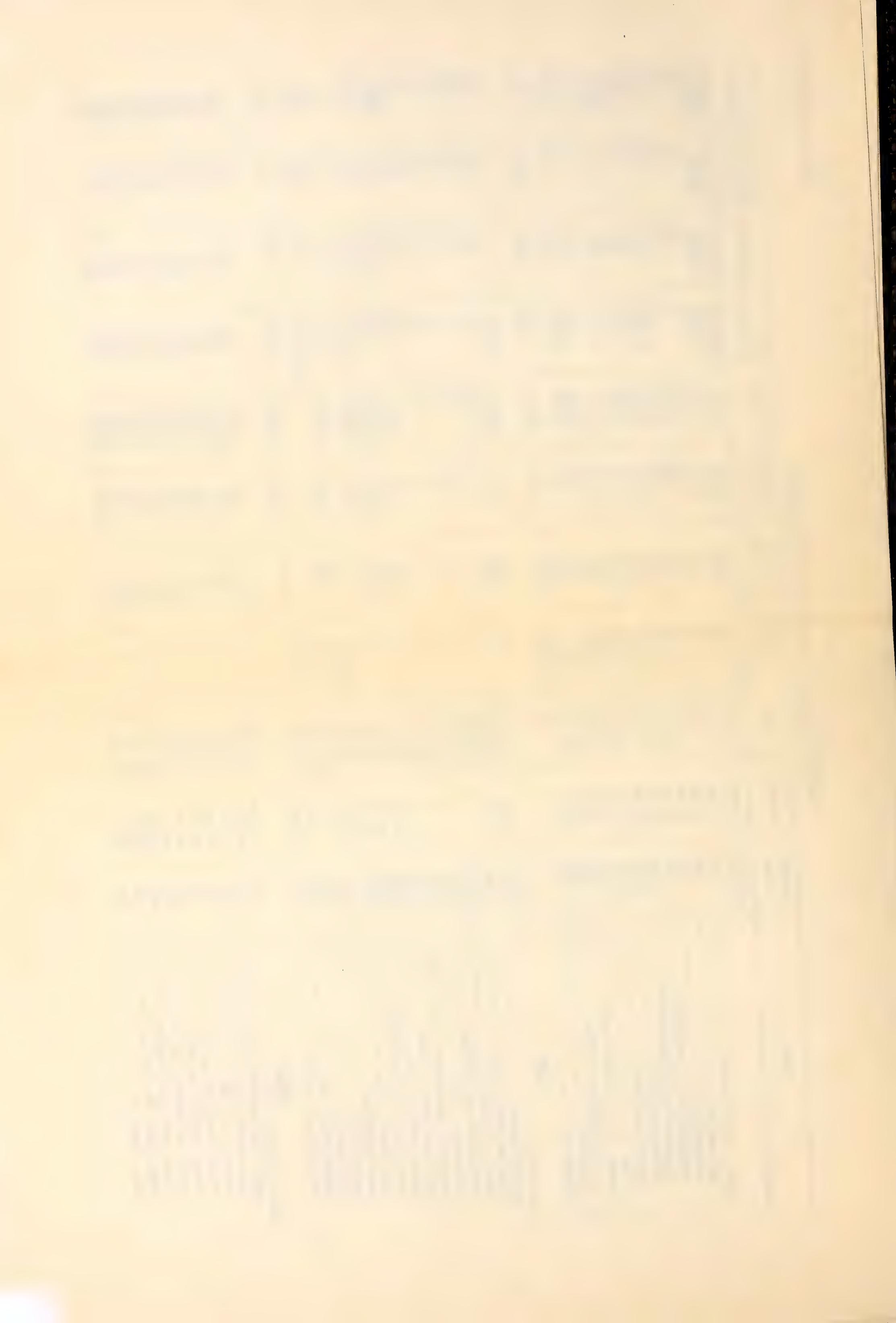
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NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Other cereal products:											
H. corn meal, yellow, granular (bolted)	1,613	41.73	8.62	342.01	0.073	0.689	0.00408	(2,720)	(0)	(0)	(0)
corn meal, white, water-ground.....	1,630	40.37	16.78	330.22	.091	1.034	.01633	(0)	(0)	(90)	(0)
J. cornstarch.....	1,632	-	-	408.24	-	.408	-	(0)	(0)	(0)	(0)
K. hominy, pearl or grits.....	1,608	37.65	2.72	358.34	.050	.653	.00408	(0)	(0)	(0)	(0)
L. hominy, cooked.....	1,370	9.98	.91	80.74	.010	(1.130)	(.00081)	(0)	(0)	(0)	(0)
M. popcorn.....	1,826	45.54	22.68	356.98	(.132)	(1.275)	(.01651)	(585)	(0)	(0)	(0)
N. cracked wheat.....	1,601	50.34	7.71	342.50	(.240)	(1.696)	(.02268)	(680)	(0)	(0)	(0)
O. cream of wheat.....	1,660	49.90	4.08	356.53	.095	.703	.00363	(0)	(0)	(0)	(0)
P. farina, light.....	1,611	49.89	6.35	346.10	.095	.567	.00363	(0)	(0)	(0)	(0)
Q. farina, dark.....	1,611	50.34	(7.00)	(344.30)	.204	1.919	.02268	(680)	(0)	(0)	(0)
R. malt breakfast food.....	1,601	53.52	2.27	341.56	(.095)	(.567)	(.00363)	(610)	(0)	(0)	(0)
S. Pettijohn's.....	1,606	41.28	9.07	339.75	(.203)	(1.921)	(.02270)	(610)	(0)	(0)	(0)
T. Ballston.....	1,617	62.14	6.35	335.66	(.095)	(.567)	(.00363)	(350)	(0)	(0)	(0)
U. Wheatena.....	1,720	63.20*	(7.00)	(351.00)	.203	1.921	.02270	(680)	(0)	(0)	(0)
V. wheat germ meal.....	1,803	132.00*	1.00	204.00*	.322	1.763	.06985	(1,500)	(0)	(0)	(0)
W. rice, brown.....	1,592	36.29	360.00	.041	.939	.00607	(0)	(0)	(0)	(0)	(0)
X. rice, polished.....	1,591	36.32	1.36	358.34	.041	.435	.00408	(0)	(0)	(0)	(0)
Y. rice polishings.....	1,781	53.98	46.72	285.22	.136	7.666	.04500	(0)	(0)	(0)	(0)
Z. oatmeal or rolled oats.....	1,803	75.75	33.12	300.40	.313	1.778	.01724	(0)	(0)	(0)	(0)
A. pearl barley.....	1,610	38.55	34.78	352.90	(.100)	.653	.00907	(0)	(0)	(0)	(0)
B. noodles.....	1,625	53.07	4.54	342.92	(.091)	(.653)	(.00544)	(0)	(0)	(0)	(0)
C. macaroni, spaghetti, other pastes.....	1,624	60.78	4.08	336.12	.100	.653	.00544	(0)	(0)	(0)	(0)
D. tapioca and sago.....	1,608	1.81	.45	408	.104	.408	.00726	(0)	(0)	(0)	(0)
E. arrowroot starch.....	1,769	-	-	442.26	(.091)	-	-	(0)	(0)	(0)	(0)
F. almond meal.....	1,583	119.75	7.71	257.64	(1.043)	(2.045)	(.01769)	(0)	(0)	(0)	(0)
G. dextri-mellose.....	1,687	0	0	421.85	-	-	-	(0)	(0)	(0)	(0)
Eggs											
H. Eggs: whole, AP.....	595	53.98	16.18	0	.269	1.722	.01205	4,928	202	0	443
I. whole, EP.....	672	60.78	47.63	0	.281	1.016	.01315	4,556	227	0	499
J. white.....	231	55.79	151.91	0	.059	.068	.00045	0	0	0	363
K. yolk.....	1,643	71.22	151.05	0	.590	2.685	.03901	13,608	680	0	771
Milk products											
H. Cheese, cheddar: (American; store).....	1,916	116.12	137.40	8.73	4.218	3.180	.00590	11,340	(0)	(0)	907
I. cottage.....	1,459	87.09	3.63	19.45	.372	1.193	-	363	(0)	(0)	204
J. soft "cream" cheese.....	1,910	65.77	180.99	4.50	-	-	-	15,876	(0)	(0)	500
K. Neufchatel cheese.....	1,130	96.62	82.56	0	-	-	-	(8,000)	(0)	(0)	5,670
L. Parmesan cheese.....	1,746	157.85	123.83	0	-	-	-	(10,000)	(0)	(0)	(11,000)
M. Roquefort cheese.....	1,617	102.50	133.80	8.16	-	-	-	(0)	(0)	(0)	(900)
N. Swiss cheese.....	1,831	129.73	141.98	8.57	-	-	-	(0)	(0)	(0)	(0)

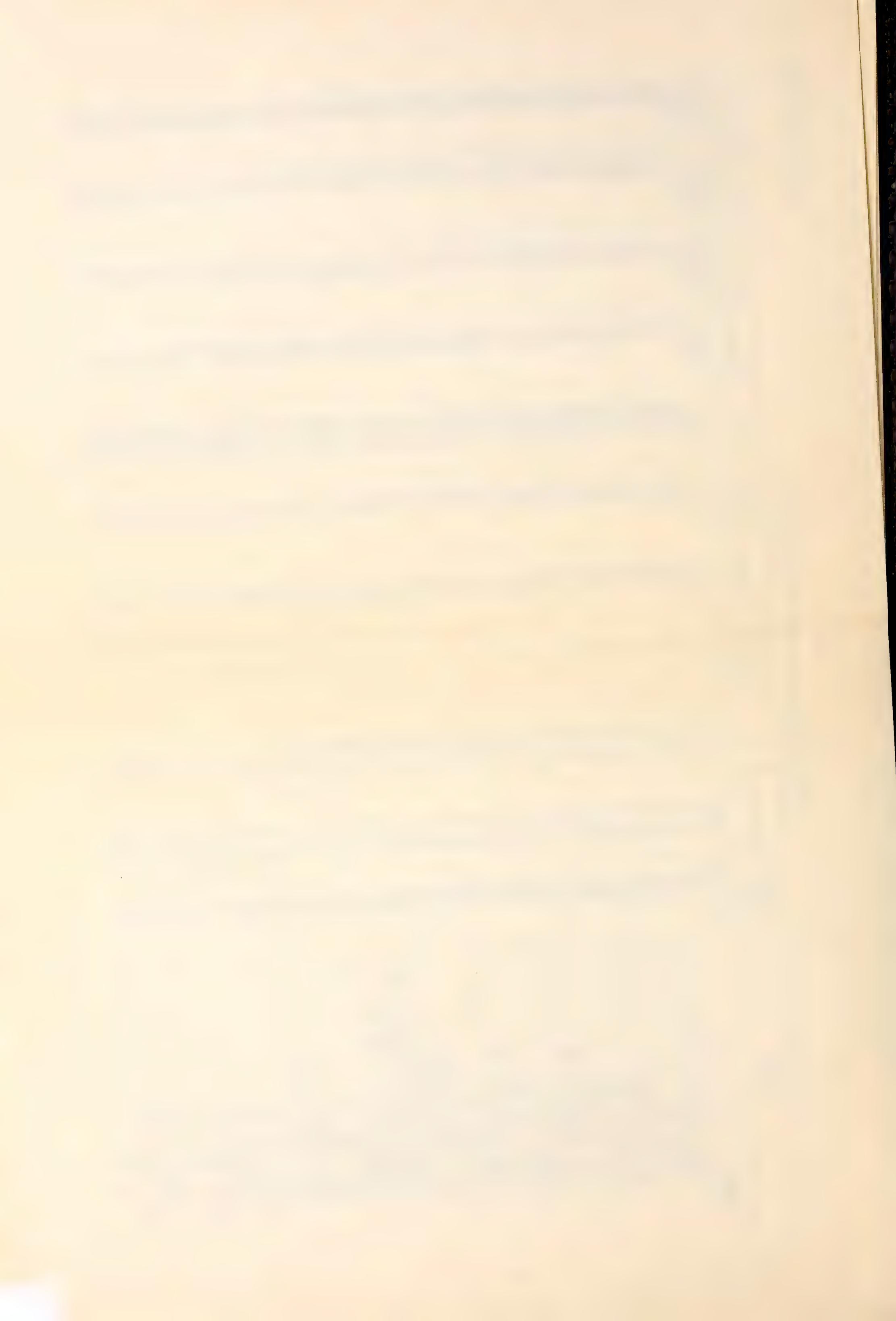
NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin A	Vitamin B	Vitamin C	Vitamin A
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams
Milk: fluid, whole.....	310	15.42	17.69	22.28	0.544	0.422	0.00109	0.00275	0.00091	91	9	272	(270)
skimmed milk.....	162	15.88	2.91	22.57	.553	.435	0.00113	0.00231	0.00091	(90)	(90)	(90)	(270)
buttermilk.....	167	15.88	2.27	20.76	.477	.361	0.00113	0.00231	0.00091	(90)	(90)	(90)	(270)
condensed milk (sweetened).....	1,484	36.74	38.10	2.85	1.066	1.066	0.00113	0.00231	0.00091	(1,200)	(1,200)	(1,200)	(600)
evaporated milk (unsweetened).....	1,629	31.75	35.83	4.54	4.54	4.54	0.00113	0.00231	0.00091	(1,200)	(1,200)	(1,200)	(600)
P. dried skim milk.....	161.48	117.03	121.11	172.47	3.238	6.010	0.00827	0.00091	0.00091	(140)	(140)	(140)	(600)
P. dried whole milk.....	2,245	114.54	114.54	1.36	23.15	200	0.00827	0.00091	0.00091	(140)	(140)	(140)	(600)
P. whey.....	123	13.15	90.72	181.44	18.23	3.04	0.00091	0.00091	0.00091	(140)	(140)	(140)	(600)
Q. Cream: thin (coffee) cream.....	942	1.454	1.454	12.11	1.158	3.238	0.00827	0.00091	0.00091	(140)	(140)	(140)	(600)
Q. heavy (whipping) cream.....	1,727	11.34	11.34	1.36	23.15	2.00	0.00827	0.00091	0.00091	(140)	(140)	(140)	(600)
E. Ice cream.....	1,727	9.98	181.44	181.44	13.53	3.04	0.00091	0.00091	0.00091	(140)	(140)	(140)	(600)
B. Orange ice.....	510	71.00	71.00	120.00	82.66	1.96	0.023	0.00024	0.00024	(140)	(140)	(140)	(600)
FATS													
Q. Butter.....	3,325	2.72	5.44	1.84	0.068	0.00091	0.00091	0.00091	0.00091	10,660	(0)	(0)	(0)
Oleomargarine.....	3,410	4.082	4.082	4.082	0	0	0	0	0	(0)	(0)	(0)	(0)
Table and cooking oils: olive oil.....	4,082	0	0	0	0	0	0	0	0	(0)	(0)	(0)	(0)
corn oil (Mazola).....	4,082	0	0	0	0	0	0	0	0	(0)	(0)	(0)	(0)
cottonseed oil (Wesson).....	4,082	0	0	0	0	0	0	0	0	(0)	(0)	(0)	(0)
Shortenings: lard.....	4,082	0	0	0	0	0	0	0	0	(0)	(0)	(0)	(0)
vegetable shortening; e.g., Crisco.....	2,836	4.082	4.082	4.082	0	0	0	0	0	(0)	(0)	(0)	(0)
Other fatty foods: bacon.....	3,555	10.433	10.433	10.433	0	0	0	0	0	(0)	(0)	(0)	(0)
bacon broiled.....	571	14.29	21.32	37.14	0	0	0	0	0	(0)	(0)	(0)	(0)
salt pork (dry or pickled).....	3,555	8.62	8.62	8.62	0	0	0	0	0	(0)	(0)	(0)	(0)
cod liver oil.....	2,836	47.68	47.68	47.68	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,153	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,200	8.00	8.00	8.00	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,425	371.04	371.04	371.04	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	571	14.29	21.32	37.14	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,200	40.80	40.80	40.80	0	0	0	0	0	(0)	(0)	(0)	(0)
cod liver oil.....	3,112	293.92	293.92	293.92	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	303.91	303.91	303.91	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)
salad dressings.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
mayonnaise.....	3,076	330.22	330.22	330.22	0	0	0	0	0	(0)	(0)	(0)	(0)
shortenings: lard.....	3,076	453.60*	453.60*	453.60*	0	0	0	0	0	(0)	(0)	(0)	(0)



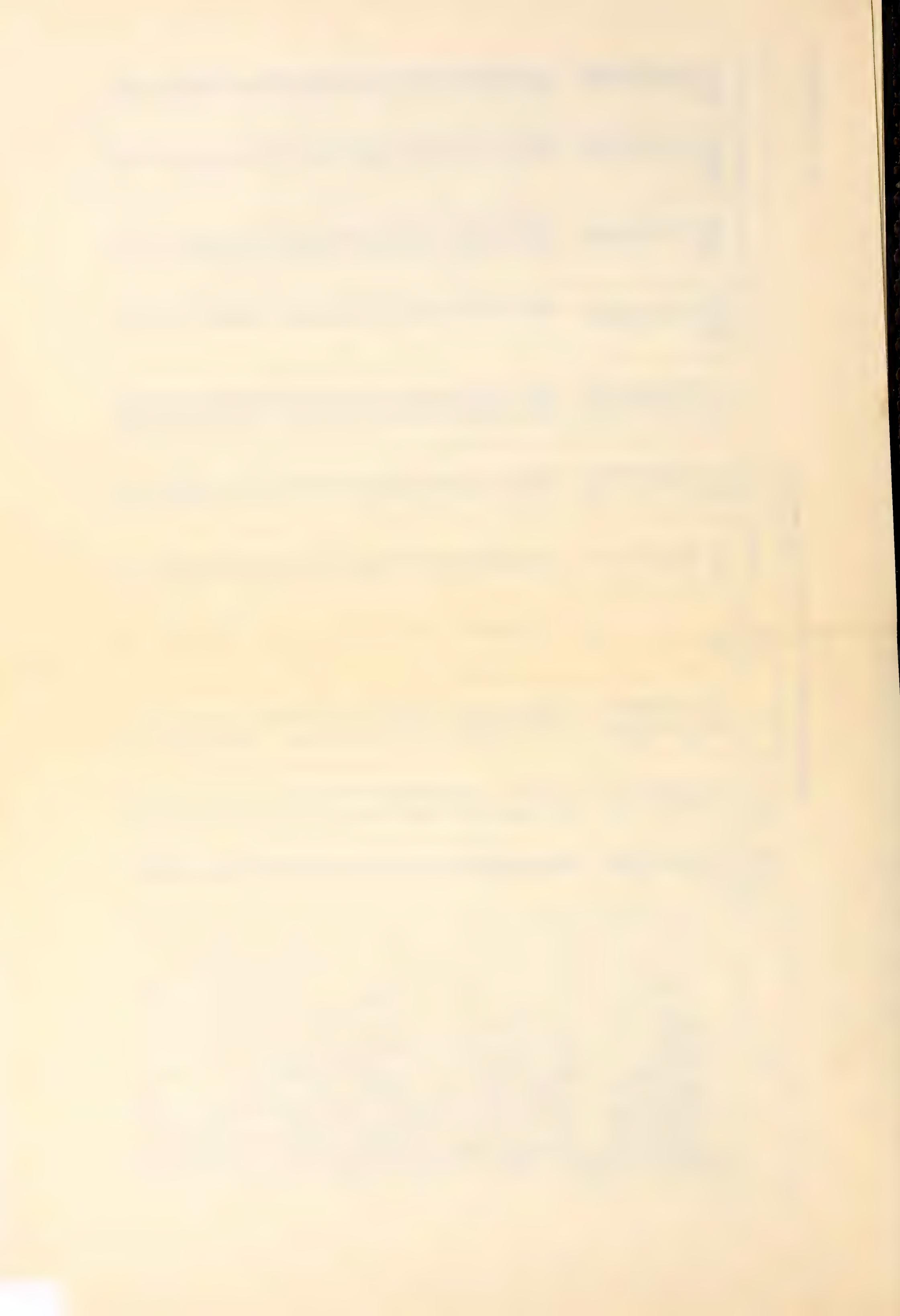
NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G	Sherman units
Beef:												
steak: rump, medium fat, AP	1,075	62.60	91.62	0	0.036	0.675	0.00939	147	0	0	0	367
rump, medium fat, EP	1,357	78.92	115.98	0	0.046	0.851	0.0184	185	0	0	0	463
sirloin, AP	957	74.84	73.03	0	0.043	0.807	0.01123	176	0	0	0	439
sirloin, EP	1,098	85.73	60.33	0	0.050	0.924	0.01286	201	0	0	0	503
top sirloin, AP	1,968	68.95	62.60	0	0.035	0.650	0.00905	212	0	0	0	354
top sirloin, EP	1,203	73.48	110.69	0	0.043	0.792	0.01279	209	0	0	0	367
tenderloin, AP	1,290	655	68.90	0	0.043	0.743	0.01334	213	0	0	0	354
ribs, lean, EP	1,118	63.03	93.07	0	0.043	0.792	0.01374	217	0	0	0	367
ribs, medium fat, AP	1,403	79.95	91.62	0	0.043	0.746	0.01374	218	0	0	0	354
ribs, medium fat, EP	1,964	73.03	96.16	0	0.043	0.792	0.01374	219	0	0	0	367
rib roll, lean, AP	1,964	652	88.45	0	0.043	0.792	0.01374	216	0	0	0	367
ribs, medium fat, AP	1,118	63.03	96.16	0	0.043	0.792	0.01374	217	0	0	0	367
round, lean, AP	1,290	655	68.90	0	0.043	0.792	0.01374	218	0	0	0	367
round, lean, EP	1,403	79.95	91.62	0	0.043	0.792	0.01374	219	0	0	0	367
round, medium fat, AP	1,964	73.03	96.16	0	0.043	0.792	0.01374	216	0	0	0	367
round, medium fat, EP	1,964	652	88.45	0	0.043	0.792	0.01374	217	0	0	0	367
round, lean, AP	1,118	63.03	96.16	0	0.043	0.792	0.01374	218	0	0	0	367
round, lean, EP	1,290	655	68.90	0	0.043	0.792	0.01374	219	0	0	0	367
round, lean, AP	1,403	79.95	91.62	0	0.043	0.792	0.01374	216	0	0	0	367
round, medium fat, AP	1,964	73.03	96.16	0	0.043	0.792	0.01374	217	0	0	0	367
round, medium fat, EP	1,964	652	88.45	0	0.043	0.792	0.01374	218	0	0	0	367
rump, lean, AP	796	94.80	86.94	0	0.043	0.934	1.697	147	0	0	0	367
rump, lean, EP	938	94.80	86.94	0	0.043	0.934	1.697	147	0	0	0	367
rump, medium fat, AP	1,075	62.60	78.92	0	0.043	0.934	1.697	147	0	0	0	367
rump, medium fat, EP	1,357	78.92	115.98	0	0.043	0.934	1.697	147	0	0	0	367
(chuck) shoulder, medium fat, AP	702	74.38	88.90	0	0.043	0.934	1.697	147	0	0	0	367
(chuck) shoulder, medium fat, EP	817	74.38	88.90	0	0.043	0.934	1.697	147	0	0	0	367
shoulder and clod, lean, AP	477	74.38	88.90	0	0.043	0.934	1.697	147	0	0	0	367
shoulder and clod, lean, EP	517	74.38	88.90	0	0.043	0.934	1.697	147	0	0	0	367
shoulder and clod, lean, AP	1,591	92.52	86.94	0	0.043	0.934	1.697	147	0	0	0	367
other, AP	1,559	107.05	89.36	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	763	77.57	91.69	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	876	89.36	91.69	0	0.043	0.934	1.697	147	0	0	0	367
loin, medium fat, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, medium fat, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, medium fat, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, medium fat, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, EP	1,526	101.61	13.15	0	0.043	0.934	1.697	147	0	0	0	367
loin, lean, AP	1,021	156.49	125.64	0	0.043	0.934						



NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G	Sherman units
Beef:												
plate, medium fat, AP	1,247	62.60	110.69	0	0.036	0.675	0	220	147	(0)	367	
plate, medium fat, EP	1,487	74.84	132.00	0	0.043	.807	0	0.01123	176	(0)	439	
shank, medium fat, AP	391	43.55	24.04	0	0.025	.469	102	0	0	0	255	
shank, hind, medium fat, EP	849	94.80	52.16	0	0.055	1.022	223	0	0	0	556	
corned beef, AP	1,231	64.86	107.96	0	0.038	.699	152	228	152	0	381	
corned beef, EP	1,353	70.76	118.84	0	0.041	.763	166	249	281	0	415	
dried beef, AP	760	119.75	31.30	0	0.069	1.261	421	421	320	0	703	
dried beef, EP	817	136.08	29.45	1.81	0.079	1.467	479	479	320	0	798	
Veal:												
steak: leg, lean, AP	503	38.00	16.83	0	0.051	.949	(122)	0	0	0	516	
leg, lean, EP	554	96.64	18.56	0	0.056	1.044	(136)	0	0	0	567	
leg, medium fat, AP	603	70.24	35.84	0	0.041	.757	(100)	0	0	0	512	
leg, fat, EP	734	91.68	40.80	0	0.053	.988	(127)	0	0	0	538	
chops: loin, lean, AP	468	72.12	19.96	0	0.042	.777	(100)	0	0	0	523	
loin, lean, EP	599	92.53	25.30	0	0.054	.997	(132)	0	0	0	543	
loin, medium fat, AP	669	75.30	40.82	0	0.044	.812	(104)	0	0	0	512	
loin, fat, EP	798	90.24	48.99	0	0.052	.973	(127)	0	0	0	529	
rib, medium fat, AP	625	70.30	20.87	0	0.041	.755	(100)	0	0	0	512	
rib, fat, EP	669	93.88	27.67	0	0.054	1.012	(132)	0	0	0	551	
roast: rump, AP	712	62.60	51.26	0	0.036	.675	367	0	0	0	527	
shoulder, lean, AP	1,021	89.82	73.48	0	0.047	.965	(89)	0	0	0	550	
shoulder, lean, EP	466	76.66	17.69	0	0.044	.826	(109)	0	0	0	551	
shoulder, medium fat, AP	563	93.88	20.87	0	0.051	1.012	(132)	0	0	0	502	
shoulder, fat, EP	723	68.48	49.90	0	0.040	.738	(95)	0	0	0	524	
stew: breast, lean, AP	945	89.36	65.32	0	0.052	.963	(127)	0	0	0	524	
breast, lean, EP	538	71.05	28.14	0	0.041	.766	(100)	0	0	0	564	
chuck, lean, AP	915	88.00	62.59	0	0.056	1.037	(136)	0	0	0	516	
chuck, lean, EP	711	96.16	36.29	0	0.047	.919	(89)	0	0	0	527	
breast, medium fat, AP	732	70.76	49.90	0	0.041	.763	(100)	0	0	0	527	
breast, fat, EP	915	75.75	28.14	0	0.056	1.037	(127)	0	0	0	527	
chuck, medium fat, AP	538	93.44	72.58	0	0.041	.763	(100)	0	0	0	526	
chuck, fat, EP	451	72.58	23.59	0	0.052	.963	(104)	0	0	0	545	
flank, medium fat, AP	503	89.36	29.48	0	0.041	.782	(127)	0	0	0	370	
neck, AP	623	79.7	47.04	0	0.052	.963	(91)	0	0	0	540	
neck, EP	440	63.05	20.87	0	0.037	.993	(132)	0	0	0	597	
shank, fore, AP	650	31.30	14.06	0	0.053	1.012	(77)	0	0	0	032	
shank, fore, EP	588	92.07	23.58	0	0.054	1.012	(132)	0	0	0	551	
shank, hind, medium fat, AP	209	34.93	7.71	0	0.055	1.012	(50)	0	0	0	205	
hind, fat, EP	563	93.89	20.87	0	0.054	1.012	(132)	0	0	0	551	



NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Pork:	Calories	Sherman	Sherman	Sherman	Sherman	Sherman	Sherman	Sherman	Sherman	Sherman	Sherman
ham, fresh, medium fat, AP.	1,302	117.45	0.035	0.00905	0.650	0.748	1.265	1.099	1.000	1.000	371
ham, fresh, medium fat, EP.	1,457	69.40	131.10	0	0.040	0.748	1.265	1.099	1.000	1.000	427
shoulder, medium fat, AP.	1,322	58.98	120.66	0	0.034	0.636	1.075	1.099	1.000	1.000	363
shoulder, fat, EP.	1,615	72.12	147.42	0	0.052	0.777	1.063	1.134	1.000	1.000	444
other fresh pork, side, AP.	2,145	36.28	222.25	0	0.021	0.791	1.661	1.174	1.000	1.000	223
other fresh pork, side, EP.	2,423	41.28	250.82	0	0.024	1.752	1.670	1.207	1.000	1.000	254
smoked ham: baked or boiled, AP.	1,281	91.62	101.61	0	0.053	0.988	1.447	1.637	1.000	1.000	564
lean, AP.	1,073	79.38	83.92	0	0.046	0.856	1.174	1.347	1.000	1.000	489
lean, EP.	1,207	89.82	94.35	0	0.052	0.968	1.174	1.347	1.000	1.000	553
medium fat, AP.	1,621	64.41	151.50	0	0.037	0.694	1.096	1.109	1.000	1.000	397
medium fat, EP.	1,880	73.94	175.80	0	0.043	0.797	1.347	1.347	1.000	1.000	445
spare ribs.	1,570	66.23	145.15	0	0.038	0.714	1.207	1.207	1.000	1.000	408
clear fat salt pork, AP.	3,555	8.62	391.00	0	0.028	0.513	1.57	1.57	1.000	1.000	53
pickled pig's feet, AP.	565	46.27	42.18	0	0.027	0.499	1.843	1.843	1.000	1.000	285
pickled pig's feet, EP.	900	73.94	67.13	0	0.043	0.797	1.347	1.347	1.000	1.000	455
Miscellaneous meat products:											
heart, beef, EP.	1,125	72.58	92.53	0	0.042	0.782	1.361	1.361	1.000	1.000	420
heart, veal, AP.	699	76.20	43.55	0	0.041	0.821	1.360	1.360	1.000	1.000	420
kidney, beef, AP.	326	62.14	8.62	0	0.036	0.670	0.703	0.703	1.000	1.000	345
kidney, beef, EP.	504	75.30	21.77	1.81	0.040	0.852	1.350	1.350	1.000	1.000	402
kidney, veal.	568	76.64	28.96	0	0.041	0.826	1.350	1.350	1.000	1.000	402
liver: beef, AP.	538	91.62	14.06	0	0.034	0.988	1.110	1.110	1.000	1.000	445
liver: beef, EP.	584	92.53	20.41	0	0.054	0.997	1.370	1.370	1.000	1.000	456
pork, AP.	572	96.62	20.41	0	0.056	1.002	0.1294	0.1294	1.000	1.000	4,000
veal, AP.	562	86.24	24.04	0	0.050	0.930	33.113	33.113	1.000	1.000	4,000
lungs, beef, AP.	428	74.39	14.51	0	0.043	0.802	-	-	-	-	-
sweetbreads, AP	799	76.20	54.90	0	0.044	0.821	-	-	-	-	-
sweetbreads, EP (cooked).	753	91.63	43.09	0	0.053	0.988	-	-	-	-	-
tongue (beef) uncooked, AP.	529	64.02	30.39	0	0.037	0.690	0.0960	0.0960	1.000	1.000	376
tongue (beef) cooked, canned, EP.	718	85.73	41.73	0	0.050	0.924	0.1286	0.1286	1.000	1.000	503
tripe, AP.	261	53.07	5.31	0	0.031	0.572	0.0796	0.0796	1.000	1.000	-
sausage: blood pudding...	1,683	67.18	157.13	0	0.039	0.724	-	-	-	-	-
bologna, AP.	1,134	82.56	89.36	0	0.048	0.890	0.1238	0.1238	1.000	1.000	335
bologna, EP.	1,063	84.82	79.32	0	0.049	0.914	0.1272	0.1272	1.000	1.000	335
frankfort, AP.	1,134	88.90	84.37	1.36	0.052	0.958	0.1334	0.1334	1.000	1.000	360
liver pudding...	1,143	75.75	93.44	0	0.056	1.042	0.1449	0.1449	1.000	1.000	363
pork, AP.	2,052	58.97	199.60	0	0.064	1.198	0.1667	0.1667	1.000	1.000	900
summer, AP.	111.13	190.98	0	0	0	0.929	0.1283	0.1283	1.000	1.000	51
Minced, potted, deviled meat:											
deviled ham...	1,737	86.18	85.73	0	0	0.924	0.1286	0.1286	1.000	1.000	531
head cheese, AP...	1,323	88.45	153.30	0	0	0.924	0.1286	0.1286	1.000	1.000	528
head cheese, EP...	1,734	88.45	153.30	0	0	0.924	0.1286	0.1286	1.000	1.000	545

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G	Sherman units
Cooked or canned muscle meat:												
beef, cooked.....	1,559	107.05	125.64	0	0.062	1.154	0.01606	(377)	(0)	(628)		
pork: boiled or baked ham, AP.....	1,281	91.62	101.61	0	0.053	0.988	0.01374	(0)	(0)	(1,350)		
fried ham.....	1,780	107.25	150.11	0	0.062	1.156	0.01609	(10)	(10)	(1,954)		
roast.....	1,440	83.25	123.00	0	0.058	0.897	0.01249	(10)	(10)	(2,041)		
sausage.....	1,750	112.00	144.67	0	0.065	1.207	0.01680	(10)	(10)	(1,517)		
poultry: canned boned chicken.....	1,025	125.65	58.06	0	0.073	1.355	0.01885	(0)	(0)	(200)		
potted chicken, cooked, EP.....	1,179	88.00	92.08	0	0.051	0.949	0.01320	(0)	(0)	(560)		
turkey meat, light, cooked, EP.....	630	156.95	22.23	0	0.091	1.692	0.02354	(680)	(1,361)	(560)		
turkey meat, dark, cooked, EP.....	889	177.81	19.50	0	0.053	1.917	0.02667	(1,361)	(0)	(560)		
potted turkey, EP.....	1,211	78.02	99.79	0	0.045	0.841	0.01710	(200)	(0)	(560)		
other meat products: bouillon.....	48	9.98	34.45	0	0.045	0.841	0.01710	(0)	(0)	(560)		
bouillon cubes.....	(3,350)	(696.60)	(31.41)	0	(.404)	(.404)	(.1049)	(7.509)	(0)	(0)	(0)	
broth.....	75	8.25	45	0	1.134	-	-	-	(0)	(0)	(0)	
gelatin.....	1,662	414.59	45	0	1.134	-	-	-	(0)	(0)	(0)	
J. Poultry:												
chicken: broilers, AP.....	289	58.06	6.35	0	0.034	0.626	0.00871	(337)	(0)	(0)	(0)	
broilers, EP.....	492	97.60	11.36	0	0.057	1.052	0.01464	(567)	(0)	1,020		
fowl, AP.....	751	62.14	55.79	0	0.036	0.670	0.00932	(361)	(0)	649		
fowl, EP.....	1,016	87.54	73.94	0	0.051	0.944	0.01313	(509)	(0)	915		
chicken meat, no fat, EP.....	1,199	98.88	11.34	0	0.057	1.066	0.01483	(574)	(0)	1,023		
turkey, AP.....	1,043	73.03	83.46	0	0.047	0.787	0.01095	(424)	(0)	763		
turkey, EP.....	1,318	95.71	103.88	0	0.056	1.032	0.01436	(556)	(0)	1,000		
duck, AP.....	934	69.85	75.58	0	0.041	0.406	0.01436	(406)	(0)	730		
duck, EP.....	1,107	83.01	86.18	0	0.048	0.895	0.01245	(482)	(0)	868		
duck, breast, EP.....	540	101.15	14.97	0	0.059	1.090	0.01517	(588)	(0)	1,057		
goose, AP.....	1,460	60.78	135.18	0	0.035	0.655	0.00912	(353)	(0)	635		
goose, young, EP.....	1,774	73.93	16.20	0	0.043	0.797	0.01109	(429)	(0)	773		
other poultry and game:												
guinea hen, AP.....	532	88.00	24.46	0	0.051	0.949	0.01320	(511)	(0)	920		
guinea hen, EP.....	685	104.78	29.48	0	0.061	1.130	0.01572	(609)	(0)	1,095		
pigeon, AP.....	363	89.36	37.37	0	0.052	1.963	0.01340	(519)	(0)	924		
pigeon, EP.....	417	103.42	35.45	0	0.060	1.115	0.01551	(601)	(0)	1,081		
squab, EP.....	1,240	84.37	100.25	0	0.049	1,490	0.01266	(490)	(0)	882		
quail, AP.....	653	101.15	27.67	0	0.059	1.090	0.01517	(588)	(0)	1,057		
quail, EP.....	730	113.40	30.84	0	0.066	1.222	0.01701	(659)	(0)	1,185		
opossum, AP.....	960	29.03	93.90	0	0.017	1.221	0.00335	(303)	(0)	1,185		
opossum, EP.....	1,920	57.61	187.79	C	0.033	.621	0.00864	(602)	(0)	1,185		
Rabbit (squirrel, woodchuck) live weight (heart, liver, and kidneys included with edible).....	350	45.36	18.60	0	.026	.489	.00680	(0)	(0)	.474		
live weight (heart, liver, and kidneys included with refuse).....	320	41.73	16.78	0	.024	.450	.00626	(0)	(0)	.436		

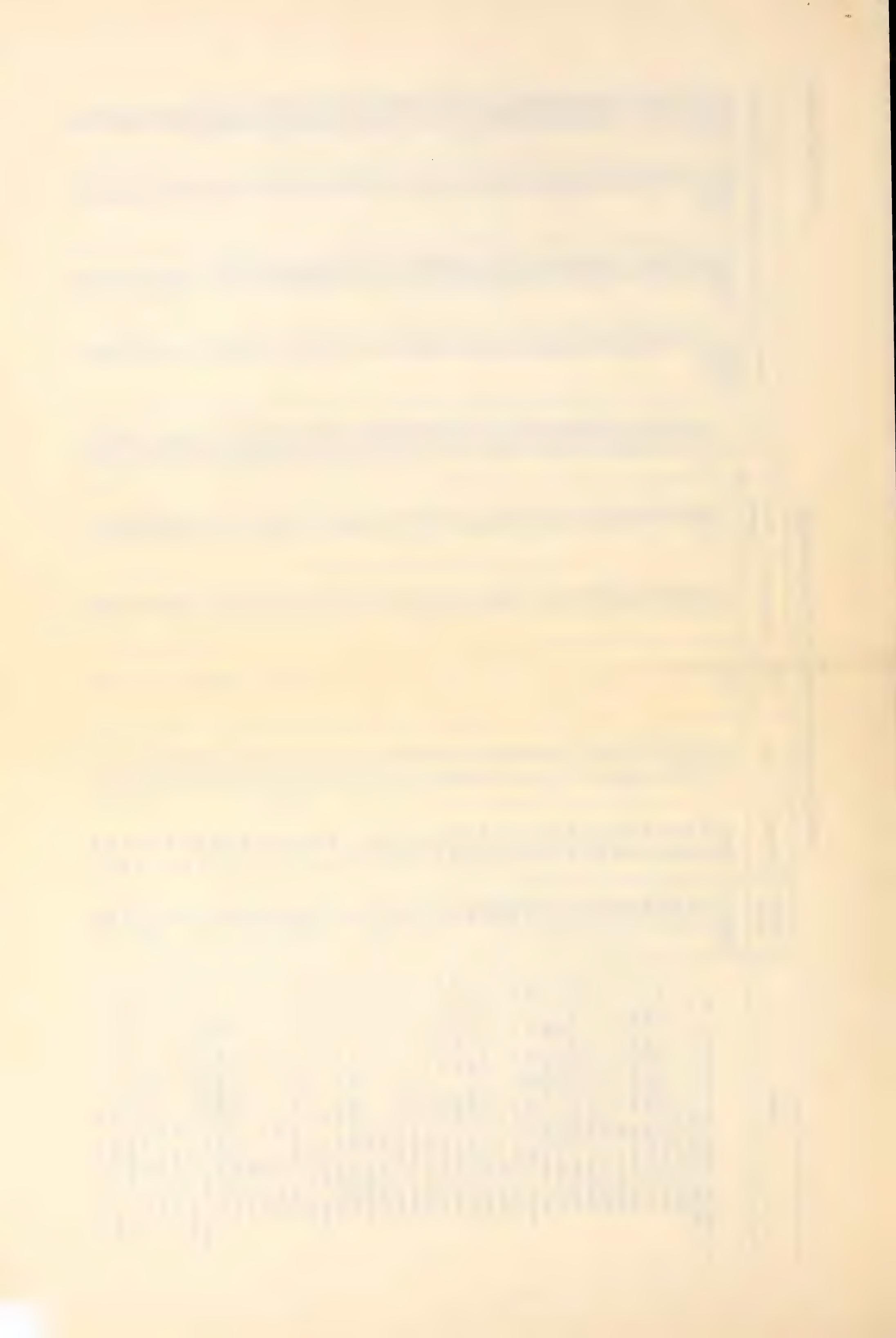


NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Rabbit (squirrel, woodchuck):											
X. dressed carcass (heart, liver, kidneys included with edible).....	580	75.30	30.84	0	0.044	0.812	0.01130	(0)	787	(0)	(437)
X. dressed carcass (without heart, liver, kidneys).....	570	74.39	30.39	0	0.043	0.802	0.01116	(0)	777	(0)	(432)
X. rabbit, EP.....	725	94.35	38.56	0	0.055	1.017	0.01115	(0)	986	(0)	(545)
V. Fish, not specified, AP.....	245	40.82	9.07	0	0.044	1.69	0.00220*	(48)	(91)		
W. Fish, not specified, EP.....	620	87.32	29.94	0	0.046	1.004	0.00478	(120)	(227)		
V. Fish, whole, AP.....	426	71.04	15.78	0	0.077	0.816	0.00390*	(9)	(148)		
V. Fish, dressed -- entrails removed.....	279	46.54	10.34	0	0.051	0.534	0.00260*	(14)	(148)		
V. Fish, fillet.....	489	81.62	18.13	0	0.088	0.937	0.00450*	(136)	(112)		
Fish, fresh: bass, AP.....	249	39.92	9.98	0	0.041	0.458	0.00220	(52)	(102)		
bass, EP.....	452	84.38	12.70	0	0.092	0.969	0.00464	(26)	(227)		
bluefish, AP.....	206	45.36	2.72	0	0.049	0.521	0.00254	(14)	(116)		
bluefish, EP.....	401	87.99	5.44	0	0.096	1.010	0.00484	(27)	(227)		
butterfish, AP.....	444	46.74	28.58	0	0.051	0.537	0.00257	(76)	(127)		
butterfish, EP.....	776	81.64	49.90	0	0.089	0.937	0.00449	(136)	(127)		
carp, EP.....	386	86.18	4.54	0	0.094	0.989	0.00474	(26)	(119)		
catfish, AP.....	1,102	65.32	75.30	0	0.057	0.604	0.00289	(110)	(73)		
catfish, EP.....	210	50.35	93.34	0	0.055	0.578	0.00277	(15)	(67)		
cod, AP.....	318	74.84	1.81	0	0.082	0.859	0.00412	(23)	(103)		
cod, EP.....	357	84.14	2.27	0	0.093	0.975	0.00454	(24)	(116)		
flounder, EP.....	128	29.03	1.36	0	0.032	0.333	0.00190	(8)	(93)		
haddock, AP.....	281	64.41	2.72	0	0.071	0.750	0.00359	(20)	(89)		
haddock, EP.....	161	38.10	0.91	0	0.042	0.437	0.00201	(12)	(52)		
halibut, AP.....	324	78.02	1.36	0	0.085	0.896	0.00429	(0.0382)	(107)		
halibut, EP (steak).....	457	69.40	19.96	0	(.076)	(.797)	(.00382)	(136)	(104)		
herring, EP.....	550	84.36	23.58	0	0.092	0.971	0.00454	(136)	(116)		
herring, EP.....	362	50.80	17.69	0	0.055	0.583	0.00279	(69)	(62)		
mackerel, AP.....	644	88.45	32.20	0	1.015	1.015	0.00486	(136)	(125)		
mackerel, EP.....	257	46.27	19.05	0	0.050	0.531	0.00254	(63)	(54)		
perch, yellow, AP.....	629	84.82	32.20	0	0.092	0.974	0.00467	(136)	(117)		
perch, yellow, EP.....	261	58.06	3.18	0	0.063	0.667	0.00319	(10)	(84)		
pickerel, pike, AP.....	372	84.82	3.63	0	0.0467	0.974	0.02667	(26)	(117)		
pickerel, pike, EP.....	206	48.54	1.36	0	0.053	0.557	0.00467	(14)	(62)		
porgy, whole, AP.....	358	84.82	2.27	0	0.092	0.974	0.00467	(26)	(117)		
salmon, AP.....	220	33.57	9.52	0	0.037	0.385	0.01855	(54)	(91)		
salmon, EP.....	546	84.36	23.13	0	0.092	0.965	0.00464	(136)	(116)		
salmon, EP.....	641	69.40	40.37	0	(.076)	(.797)	(.00382)	(561)	(137)		
X. salmon, EP.....	922	99.80	58.06	0	(227)	(227)	(227)	(630)	(137)		

FISH AND OTHER SEA FOOD

X. dressed carcass (heart, liver, kidneys included with edible).....	580	75.30	30.84	0	0.044	0.812	0.01130	(0)	787	(0)	(437)
X. dressed carcass (without heart, liver, kidneys).....	570	74.39	30.39	0	0.043	0.802	0.01116	(0)	777	(0)	(432)
X. rabbit, EP.....	725	94.35	38.56	0	0.055	1.017	0.01115	(0)	986	(0)	(545)
V. Fish, not specified, AP.....	245	40.82	9.07	0	0.044	1.69	0.00220*	(48)	(91)		
W. Fish, not specified, EP.....	620	87.32	29.94	0	0.046	1.004	0.00478	(120)	(227)		
V. Fish, whole, AP.....	426	71.04	15.78	0	0.077	0.816	0.00390*	(9)	(148)		
V. Fish, dressed -- entrails removed.....	279	46.54	10.34	0	0.051	0.534	0.00260*	(14)	(148)		
V. Fish, fillet.....	489	81.62	18.13	0	0.088	0.937	0.00450*	(136)	(112)		
Fish, fresh: bass, AP.....	249	39.92	9.98	0	0.041	0.458	0.00220	(52)	(102)		
bass, EP.....	452	84.38	12.70	0	0.092	0.969	0.00464	(26)	(227)		
bluefish, AP.....	206	45.36	2.72	0	0.049	0.521	0.00254	(14)	(116)		
bluefish, EP.....	401	87.99	5.44	0	0.096	1.010	0.00484	(27)	(227)		
butterfish, AP.....	444	46.74	28.58	0	0.051	0.537	0.00257	(76)	(127)		
butterfish, EP.....	776	81.64	49.90	0	0.089	0.937	0.00449	(136)	(127)		
carp, EP.....	386	86.18	4.54	0	0.094	0.989	0.00474	(26)	(119)		
catfish, AP.....	1,102	65.32	75.30	0	0.057	0.604	0.00289	(110)	(73)		
catfish, EP.....	210	50.35	93.34	0	0.055	0.578	0.00277	(15)	(67)		
cod, AP.....	318	74.84	1.81	0	0.082	0.859	0.00412	(23)	(103)		
cod, EP.....	357	84.14	2.27	0	0.093	0.975	0.00454	(24)	(116)		
flounder, EP.....	128	29.03	1.36	0	0.032	0.333	0.00190	(8)	(93)		
haddock, AP.....	281	64.41	2.72	0	0.071	0.750	0.00359	(20)	(89)		
haddock, EP.....	161	38.10	0.91	0	0.042	0.437	0.00201	(12)	(52)		
halibut, AP.....	324	78.02	1.36	0	0.085	0.896	0.00429	(0.0382)	(107)		
halibut, EP (steak).....	457	69.40	19.96	0	(.076)	(.797)	(.00382)	(136)	(104)		
herring, EP.....	550	84.36	23.58	0	0.092	0.971	0.00454	(136)	(116)		
herring, EP.....	362	50.80	17.69	0	0.055	0.583	0.00279	(69)	(62)		
mackerel, AP.....	644	88.45	32.20	0	1.015	1.015	0.00486	(136)	(125)		
m											



NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G	Sherman units							
Wal, fresh; shad, AP.....	367	42.64	21.77	0	0.490	0.00235	0.490	0.977	1.079	1.079	1.079	(114)	(227)	(114)	(117)	(59)	(68)	(136)	(227)
shad, EP.....	728	85.12	43.04	11.79	0	0.046	0.00235	0.977	1.079	1.079	1.079	(114)	(227)	(114)	(117)	(59)	(68)	(136)	(227)
shad roe, EP.....	581	94.72	45.83	4.53	0	0.050	0.00252	1.079	1.079	1.079	1.079	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. smelts, AP.....	224	45.83	8.16	8.16	0	0.086	0.00454	1.079	1.079	1.079	1.079	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. surgeon, EP.....	393	79.63	68.50	7.26	0	0.075	0.00454	1.079	1.079	1.079	1.079	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. surgeon, AP.....	339	68.50	82.10	23.57	0	0.089	0.00454	1.079	1.079	1.079	1.079	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. surgeon, AP.....	406	82.10	8.62	4.08	0	0.026	0.00527	1.079	1.079	1.079	1.079	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. surgeon, AP.....	131	23.57	1.271	1.271	0	0.105	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. surgeon, AP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, AP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.271	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.271	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.271	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.271	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.271	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.271	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.271	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	528	96.16	15.88	15.88	0	0.045	0.00227	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	373	41.28	23.13	0	0.045	0.00227	1.104	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	743	80.64	46.72	9.62	0	0.043	0.00215	1.104	1.104	1.104	1.104	(135)	(227)	(135)	(135)	(63)	(72)	(136)	(227)
X. trout, EP.....	131	23.57	1.271	1.															

MURKIN TALKS OF ONE POUND OF GOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin Q
Other see food:											
Y. caviar.....	1,220	104.33	89.36	41.27	0.621	0.798	.00164				
eels, dressed, EP.....	709	84.36	41.27	0.91	.092	.968					
frogs legs, EP.....	289	70.30	39.46	4.99	-	-					
mussels, EP.....	277	39.46	4.99	0.43	.453	-					
roe, EP.....	(580)	(94.72)	(17.12)	(.103)	(1.087)	(1.087)	.00217	(.00521)			
scallops, EP.....	334	67.13	2.45	.073	.771	.00369	(23)	(23)			
turtle, EP.....	380	89.81	2.27	.098	1.031	.00494	(23)	(23)			
VEGETABLES AND FRUITS											
Potatoes, white, AP.....	325	7.71	.45	.221	.00347	152	152	95			
Potatoes, white, EP.....	385	9.07	.45	.263	.00413	181	181	113			
Sweetpotatoes, yams, AP.....	490	6.80	2.72	.176	.00300	19,505	273	68			
Sweetpotatoes, yams, EP.....	565	8.16	3.18	.204	.00349	22,680	318	68			
Dried legumes and nuts:											
navy beans.....	1,564	102.06	8.16	270.34	.726	2.137	.03597	(0)			
Kidney beans, dried.....	1,574	90.72	(8.16)	(284.50)	.599	2.155	.03266	(0)			
pea beans, canned (baked beans).....	1,585	31.30*	11.34	88.90	.209	.676	.00950	(0)			
lima beans, dried.....	1,586	82.10	6.80	298.92	.322	1.533	.03910	(0)			
soy beans, dried.....	1,985	166.47	82.56	143.79	.930	2.631	.03538	-			
lentils, dried, EP.....	1,581	116.57	4.54	268.52	1.987	.03901	(0)	(1,130)			
peas, dried.....	1,612	111.52	4.54	281.40	1.814	.02586	5,670	(1,130)			
cowpeas, dried.....	1,545	96.62	6.35	276.24	1.814	.02570	1,134	(635)			
peanuts, in shells.....	1,877	88.36	131.87	83.82	1.366	.00685	2,225	(0)			
peanuts, raw (Spanish) EP.....	2,825	102.97	226.80	92.99	-	-	-	-			
peanuts, raw (Virginia) EP.....	2,680	114.76	198.22	109.32	-	-	-	-			
peanuts (roasted) EP.....	2,810	108.41	217.73	103.87	-	-	-	-			
peanuts (salted) EP.....	2,487	117.03	175.09	110.70	.322	1.810	.00907	(0)			
pecan butter.....	2,741	132.90	210.90	77.56	.195	1.624	.00907	(0)			
pecans, in shells.....	1,788	23.13	171.90	37.19	.214	2.948	(2,900)	(2,900)			
pecans, shelled.....	3,370	48.54	328.41	54.89	.487	454	(0)	(0)			
coconut meat, fresh.....	1,675	14.97	151.05	64.41	.404	1.520	.01179	907			
coconut, shredded.....	3,028	28.58	260.35	142.88	.268	.703	.01211	(0)			
black walnuts, in shells.....	781	32.66	66.22	13.61	.109	.336	.00703	(117)			
black walnuts, shelled.....	3,010	106.14	255.38	72.12	-	-	.02713	(450)			
California walnuts, in shells.....	859	22.21	78.40	15.87	.108	.436	.00256	(122)			
California walnuts, shelled.....	3,199	83.46	292.10	58.97	.404	1.624	.00953	(450)			
California walnuts, soft shell.....	3,180	63.50	287.58	84.82	-	-	-	-			
Other nuts, in shells:											
BB. almonds.....	1,614	52.16	136.96	43.09	.596	1.159	.00972	(0)			
BB. brazil nuts.....	1,595	39.01	152.86	15.88	-	-	-	-			
BB. butternuts.....	417	17.24	37.65	2.27	-	-	-	-			
BB. chestnuts.....	920	23.58	160.57	.623	.129	.354	.00266	(63)			
BB. filberts (hazelnuts).....	1,526	34.04	141.98	.766	.623	.254	.00890	(216)			

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Other nuts, shelled:											
I. almonds	2,935	78.93	249.03	94.80	1.084	1.084	0.01769				
DD. brazil nuts	3,160	67.59	303.00	41.28	0.0103	0.0103	0.01783				
DD. butternuts	3,070	107.50	277.60	34.93	-	-	-				
K. cashew nuts	2,670	53.01	209.11	24.04	-	-	-				
O. chestnuts, dried	0.	28.12	25.29	190.96	-	-	-				
O. filberts (hazelnuts)	0.	1,386	36.74	255.81	-	-	-				
DD. hickory nuts	3,185	59.88	296.20	69.85	-	-	-				
K. lichi nuts	1,465	59.42	305.73	62.11	-	-	-				
K. pine nuts	2,760	167.83	221.36	24.04	-	-	-				
B. tomato paste	1.606	1.31	1.302	1.302	-	-	-				
Tomatoes: fresh, AP	1.606	1.31	1.302	1.302	-	-	-				
fresh, EP	1.606	1.31	1.302	1.302	-	-	-				
canned	1.606	1.31	1.302	1.302	-	-	-				
tomato juice	1.606	1.31	1.302	1.302	-	-	-				
B. leafy, green, yellow vegetables:											
beet tops, EP	150	9.07	1.36	25.40	1.36	1.36	1.36	47.174	-		
brussels sprouts, AP	200	15.42	1.81	30.84	1.81	1.81	1.81	47.174	-		
brussels sprouts, EP	260	19.96	2.27	40.37	2.27	2.27	2.27	47.174	-		
cabbage, AP	90	4.54	1.45	24.04	1.45	1.45	1.45	47.174	-		
cabbage, EP	130	6.35	1.91	21.79	1.91	1.91	1.91	47.174	-		
chard, leaves	150	11.79	1.81	21.79	1.81	1.81	1.81	47.174	-		
collards, AP	150	6.35	1.91	19.96	1.91	1.91	1.91	47.174	-		
collards, EP	100	8.16	1.46	32.66	1.46	1.46	1.46	47.174	-		
collards, EP	225	17.69	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72	2.72	2.72	47.174	-		
collards, EP	110	7.26	1.72	32.66	1.72	1.72	1.72	47.174	-		
collards, EP	160	12.25	2.72	32.66	2.72						

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G	Sherman units
Leafy, green, yellow vegetables: turnip greens, AP...												
turnip greens, AP...	10.89	1.36	20.87	1.322	0.01326	0.187	0.01326	76,205	1.322	1.143	1.143	228
watercress, EP...	105	7.71	1.36	14.97	1.397	0.01579	0.216	272	0.216	1.361	1.361	381
artichoke, French or globe, AP...	135	6.35	1.36	25.86	218	0.023	0.0207	90,720	0.023	1.361	1.361	454
artichoke, French or globe, EP...	285	13.15	1.81	53.98	518	0.023	0.0431	610	0.023	1.361	1.361	39
asparagus, fresh, AP...	90	7.26	1.36	13.15	91	0.023	0.0326	2,381	0.023	1.361	1.361	82
asparagus, fresh, EP...	120	9.98	1.36	17.69	113	0.023	0.0435	3,175	0.023	1.361	1.361	136
asparagus, canned...	82	6.80	1.36	12.70	115	0.023	0.0283	2,064	0.023	1.361	1.361	47
beans, lima, fresh, in shell...	235	13.15	1.36	14.64	121	0.023	0.0436	4,082	0.023	1.361	1.361	218
beans, lima, fresh, shelled...	595	18.14	1.36	10.60	106	0.023	0.0211	4,234	0.023	1.361	1.361	794
beans, lima, snap (green or wax) fresh, AP...	350	18.14	1.36	14.21	106	0.023	0.0708	4,234	0.023	1.361	1.361	794
beans, snap (green or wax) fresh, EP...	170	14.97	1.36	31.30	34.93	0.023	0.0289	2,948	0.023	1.361	1.361	794
beans, snap (green or wax) canned...	93	4.68	1.36	17.23	136	0.023	0.0289	2,948	0.023	1.361	1.361	73
broccoli, AP...	75	7.26	1.36	11.34	115	0.023	0.0329	4,536	0.023	1.361	1.361	218
broccoli, EP...	170	14.97	1.36	14.21	106	0.023	0.0621	4,536	0.023	1.361	1.361	794
colepeas, AP...	185	13.61	1.36	14.21	106	0.023	0.0351	-	0.023	1.361	1.361	794
colepeas, EP...	605	12.64	1.36	14.21	106	0.023	0.0152	4,001	0.023	1.361	1.361	794
okra, AP...	155	7.26	1.36	2.72	91	0.023	0.0255	2,395	0.023	1.361	1.361	794
okra, EP...	175	8.16	1.36	2.72	91	0.023	0.0286	2,722	0.023	1.361	1.361	794
peas, fresh, in shells...	210	13.61	1.36	2.72	91	0.023	0.0423	2,268	0.023	1.361	1.361	794
peas, fresh, shelled...	460	16.39	1.36	2.72	91	0.023	0.00939	4,536	0.023	1.361	1.361	794
peppers, green, AP...	115	4.54	1.36	2.72	91	0.023	0.0152	3,620	0.023	1.361	1.361	794
peppers, red, AP...	251	16.32	1.36	2.72	91	0.023	0.00610	2,948	0.023	1.361	1.361	794
peppers, red, EP...	44.45	14.45	1.36	2.72	91	0.023	0.0181	24,948	0.023	1.361	1.361	794
peppers, green, EP...	127	12.7	1.36	2.72	91	0.023	0.0272	2,272	0.023	1.361	1.361	794
peppers, red, EP...	127	12.7	1.36	2.72	91	0.023	0.0272	2,272	0.023	1.361	1.361	794
carrots, AP...	160	5.44	1.36	2.72	91	0.023	0.0183	12,145	0.023	1.361	1.361	794
carrots, EP...	123	3.26	1.36	2.72	91	0.023	0.0290	19,278	0.023	1.361	1.361	794
carrots, canned...	125	1.74	1.36	2.72	91	0.023	0.0174	11,570	0.023	1.361	1.361	794
pumpkin, fresh, AP...	125	2.54	1.36	2.72	91	0.023	0.0291	6,210	0.023	1.361	1.361	794
pumpkin, fresh, EP...	125	2.54	1.36	2.72	91	0.023	0.0425	9,000	0.023	1.361	1.361	794
winter squash, AP...	125	0.64	1.36	2.72	91	0.023	0.0184	6,660	0.023	1.361	1.361	794
winter squash, EP...	125	0.64	1.36	2.72	91	0.023	0.0290	0.00	0.023	1.361	1.361	794
Other vegetables:												
artichoke, Jerusalem, EP...	133	4.72	1.36	2.72	91	0.023	0.0290	0.00	0.023	1.361	1.361	794
beets, fresh, AP...	205	43.55	1.36	2.72	91	0.023	0.0386	0.00	0.023	1.361	1.361	794
beets, fresh, EP...	205	43.55	1.36	2.72	91	0.023	0.0290	0.00	0.023	1.361	1.361	794
beets, canned...	227	45	1.36	2.72	91	0.023	0.0290	0.00	0.023	1.361	1.361	794
beets, canned...	227	45	1.36	2.72	91	0.023	0.0290	0.00	0.023	1.361	1.361	794

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phosphorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G	Sherman units	Sherman
Other vegetables: cauliflower, AP.	65	4.99	.45	9.53	0.251	0.125	0.00192	102	(61)	112	122	272	(35)
cauliflower, EP.	140	10.69	.91	22.23	.552	.277	.00426	227	(135)	249	279	45	(55)
celery, AP.	65	3.63	.45	10.89	.010	.106	.00177	43	(85)	45	45	29	(21)
celery, EP.	100	5.90	.91	16.78	.354	.168	.00281	68	(135)	45	45	29	(55)
corn on ear, AP.	65	6.35	2.27	34.93	.027	.178	.00081	0	(3)	50	50	50	(100)
corn, fresh, EP.	185	16.78	5.44	92.99	.027	.178	.00081	0	(3)	50	50	50	(100)
corn, dried, EP.	190	5.44	2.27	75.51	.027	.102	.00095	0	(0)	590	590	590	(100)
cucumber, AP.	445	12.70	5.45	41.46	.018	.014	.00138	197	(77)	79	79	32	(100)
garlic, dried, EP.	445	12.70	5.45	75.51	.027	.102	.00095	0	(0)	590	590	590	(100)
eggplant, AP.	445	2.27	3.18	4.54	.018	.134	.00213	257	(78)	28	28	-	(100)
garlic, EP.	445	2.27	3.18	4.54	.018	.134	.00213	257	(87)	-	-	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
eggplant, EP.	115	4.99	18.14	24.95	.027	.125	.00150	113	(78)	28	28	-	(100)
garlic, EP.	445	4.99	18.14										

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams
Citrus fruits: grapefruit juice...	190	1.81	0.45	0.45	(.095)	(.091)	(.00122)	0	68	295	181
oranges, AP...	165	2.72	1.45	1.45	1.47	1.47	1.47	(219)	(196)	(212)	(114)
oranges, EP...	230	4.08	1.91	1.91	1.95	1.95	1.95	(304)	(272)	(295)	(159)
orange juice...	195	4.08	1.36	1.36	2.04	2.04	2.04	(304)	(272)	295	159
lemons, AP...	120	2.72	1.81	1.81	1.72	1.72	1.72	(304)	(272)	(183)	(105)
lemons, EP...	200	4.08	2.72	2.72	3.94	3.94	3.94	(304)	(272)	(150)	(170)
tangerines, AP...	160	2.72	1.91	1.91	1.63	1.63	1.63	(304)	(270)	(192)	(114)
tangerines, EP...	225	3.63	1.36	1.36	(.095)	(.095)	(.095)	(300)	(270)	(161)	(160)
Other fresh and canned fruits:											
apples, AP...	260	1.36	1.36	1.81	1.81	1.81	1.81	0.0143	319	99	80
apples, EP...	290	1.36	0.45	0.45	1.47	1.47	1.47	0.00170	68	113	91
KK. apples, canned...	349	4.88	4.08	4.08	5.45	5.45	5.45	0.00236	0	29	59
KK. apricots, AP...	240	4.54	4.54	4.54	5.15	5.15	5.15	0.00106	236	25	-
KK. apricots, EP...	255	4.54	4.54	4.54	5.15	5.15	5.15	0.00260	23,054	(140)	-
KK. bananas, AP...	326	3.63	2.95	2.95	3.51	3.51	3.51	0.00277	24,449	150)	-
KK. bananas, EP...	445	5.44	5.44	5.44	6.04	6.04	6.04	0.00180	15,920	10	107
LL. berries: blackberries, EP...	285	5.44	5.44	4.99	4.99	4.99	4.99	0.00256	1,247	136	159
LL. blackberries, canned...	317	2.99	2.99	2.74	2.74	2.74	2.74	0.00164	907	91	107
KK. blueberries, canned...	362	1.77	1.77	1.77	1.77	1.77	1.77	0.00227	73	136	159
O. cranberry sauce...	240	1.81	1.81	1.81	1.81	1.81	1.81	0.00200	91	0	0
KK. gooseberries, EP...	337	2.72	2.72	2.72	2.72	2.72	2.72	0.00363	136	136	0
KK. muskleberries, EP...	300	3.63	3.63	3.63	3.63	3.63	3.63	0.00399	136	136	0
KK. raspberries, canned...	1,067	3.63	3.63	3.63	3.63	3.63	3.63	0.00128	136	136	0
KK. strawberries, EP...	215	2.36	2.36	2.36	2.36	2.36	2.36	0.00219	136	136	0
KK. strawberries, EP...	262	2.00	2.00	2.00	2.00	2.00	2.00	0.00169	906	906	0
Z. cantaloupe, AP...	60	1.36	1.36	1.36	1.36	1.36	1.36	0.00083	91	91	0
KK. cherries, EP...	180	2.72	2.72	2.72	2.72	2.72	2.72	0.00308	236	236	0
KK. cherries, canned...	362	4.54	4.54	4.54	4.54	4.54	4.54	0.00296	236	236	0
KK. cherries, EP...	395	6.35	6.35	6.35	6.35	6.35	6.35	0.00177	1,928	1,928	0
KK. figs, canned...	397	3.81	3.81	3.81	3.81	3.81	3.81	0.00121	1,835	1,835	0
KK. fruit mixture (salad, fruit cup, etc.)	(333)	(1.92)	(1.92)	(1.92)	(1.92)	(1.92)	(1.92)	(.00120)	(4,840)	(4,840)	(100)
grapes, AP...	270	4.99	4.99	4.99	4.99	4.99	4.99	0.00258	71	71	136
KK. grapes, canned...	355	6.35	6.35	6.35	6.35	6.35	6.35	0.00215	113	113	0
KK. grape juice...	345	4.13	4.13	4.13	4.13	4.13	4.13	0.00136	0	0	0

THE VARIOUS FORMS OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G	Sherman units
Other fresh & canned fruits: peaches, fresh, AP.....	205	1.81	0.45	48.48	0.064	0.00132	0.096					(80)
peaches, fresh, EP.....	230	2.27	1.45	54.43	.073	.109	.00150					(91)
peaches, canned.....	310	1.48	.29	75.30	.047	.071	.00098					(59)
pears, AP.....	265	2.72	1.36	59.88	.056	.098	.00120					282
pears, EP.....	315	3.18	1.81	71.67	.068	.118	.00115					340
pears, canned.....	365	2.07	1.18	86.51	.044	.077	.00094					221
pineapple, AP.....	160	.91	.45	38.10	.050	.077	.00102					69
pineapple, EP.....	265	1.81	1.45	62.14	.182	.127	.00168					113
pineapple, canned.....	332	1.18	1.36	59.31	.118	.127	.00109					(113)
pineapple juice, canned (unsweetened).....	250	1.36	.45	59.88	.073	.023	.00227					
plums, AP.....	220	2.72	1.36	92.99	.077	.123	.00254					
plums, EP.....	255	3.18	1.75	49.90	.091	.145	.00216					
plums, canned.....	300	1.75	.91	58.51	.050	.145	.00130					
prunes, fresh, AP.....	295	2.27	.91	98.88	.136	.096	.00173					
prunes, fresh, EP.....	420	.91	.45	17.24	.200	.111	.00254					
prunes, canned.....	355	1.75	1.36	31.30	.050	.006	.00048					
prunes, fresh, AP.....	300	2.27	.91	14.52	.023	.111	.00104					
prunes, fresh, EP.....	420	.91	.45	20.00	.050	.014	.00083					
plums, canned.....	255	1.75	1.36	11.79	.050	.036	.00083					
plums, fresh, AP.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	420	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	295	1.75	1.36	11.79	.050	.036	.00083					
prunes, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
prunes, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
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plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
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plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned.....	300	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, AP.....	355	2.27	.91	11.79	.050	.036	.00083					
plums, fresh, EP.....	480	.91	.45	11.79	.050	.036	.00083					
plums, canned												

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
QQ. sugar: apple butter.....	725	0.97	1.29	177.88	0.023	0.039	0.00116	(0)	(0)	(0)	(0)
H. jelly: cherry.....	1,420	4.99	0	350.18	.064	.036	.00136	(0)	(0)	(0)	(0)
RR. current; not specified.....	1,175	1.00*	0	292.80	.064	.036	.00136	(0)	(0)	(0)	(0)
RR. quince.....	1,180	.90	0	294.00	.064	.036	.00136	(0)	(0)	(0)	(0)
honey.....	1,480	1.81	0	368.30	.018	.066	.00318	(0)	(0)	(0)	(0)
molasses, cane.....	1,301	10.88	0	314.40	.957	.200	.03311	(0)	(0)	(0)	(0)
I. syrup: cane.....	1,341	1.81	0	333.40	.245	.136	.02177	(0)	(0)	(0)	(0)
I. sorghum.....	1,216	0	0	303.91	.658	.073	.06804	(0)	(0)	(0)	(0)
E. corn (Karo).....	1,542	0	0	385.56	.231	.050	.01361	(0)	(0)	(0)	(0)
E. maple.....	1,295	0	0	323.88	.485	.059	.01361	(0)	(0)	(0)	(0)
candy: hard.....	1,814	0	0	453.60*	0	0	(0)	(0)	(0)	(0)	(0)
chocolate fudge.....	1,778	22.22	80.99	240.00	-	-	-	-	-	-	-
chocolate cream mints.....	1,750	-	-	-	-	-	-	-	-	-	-
milk chocolate (sweet).....	2,286	40.00	147.30	200.00	-	-	-	-	-	-	-
marshmallows.....	1,600	-	-	-	-	-	-	-	-	-	-
peanut brittle.....	2,000	30.00	14.44	370.00	-	-	-	-	-	-	-
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MISCELLANEOUS PRODUCTS											
Anchovies, cured, pickled.....	1,066	70.76	83.01	9.07	-	-	-	-	-	-	-
Cucumber pickles.....	70	2.27	1.36	12.25	.142	.051	.01050	(0)	(0)	(0)	(0)
SS. Olives: green, AP.....	523	5.07	48.87	15.56	.553	.064	.01315	(0)	(0)	(0)	(0)
F. green, EP.....	655	6.35	61.24	19.50	-	-	-	-	-	-	-
I. ripe, AP.....	771	6.16	76.55	14.23	-	-	-	-	-	-	-
I. ripe, EP.....	909	7.26	90.27	16.78	-	-	-	-	-	-	-
I. Potato chips.....	2,596	30.85	180.50	211.80	-	-	-	-	-	-	-
Tomato' soup, canned.....	227	6.36	3.05	43.43	-	-	-	-	-	-	-
Proprietary foods: dextrimaltose.....	1,687	0	0	421.85	-	-	-	-	-	-	-
TT. ovaltine.....	1,853	60.96	27.55	340.34	-	-	-	-	-	-	-
malted milk.....	1,775	62.20	13.82	350.96	-	-	-	-	-	-	-
Chocolate.....	2,772	58.51	220.90	137.40	.417	.2064	.01225	(0)	(0)	(0)	(0)
Cocoa.....	2,256	97.98	131.10	171.00	.508	.3216	.01225	(0)	(0)	(0)	(0)
Jello.....	1,755	48.48	0	390.26	-	-	-	-	-	-	-
Yeast.....	610	53.04	1.81	95.25	-	-	-	-	-	-	-
I. Beer.....	174	-	-	-	-	-	-	-	-	-	-
K. Wine, French, red.....	293	.54	0	6.99	-	-	-	-	-	-	-
K. Wine, French, white.....	352	.54	0	11.20	-	-	-	-	-	-	-
K. Wine, Italian.....	315	.54	0	7.12	-	-	-	-	-	-	-

COOKED FOODS -- NUTRITIVE VALUES PER POUND

(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
B. Biscuit...	1,833	46.08	46.26	308.17	0.082	0.377	0.00413	20	0	0	0
B. Biscuit...	1,598	21.82	72.36	215.17	.166	.312	.00305	51	1	116	116
B. Cinnamon buns...	29.53	14.38	162.17	.524	.846	.01222	.720	135	5	200	200
B. Muffins, bran...	1,679	43.92	38.16	290.08	.099	.411	.00467	38	0	44	44
B. Muffite...	1,788	40.16	95.78	190.54	.273	.701	.00619	2,454	593	0	264
UU. Sandwiches: plain bread and butter...	1,024	26.08	34.82	151.46	.184	.469	.00469	972	430	46	209
UU. apple, chopped...	1,085	31.61	39.63	149.88	.266	.560	.00519	981	516	63	272
UU. cabbage, chopped...	1,216	30.43	54.50	150.42	.274	.568	.00534	7,513	499	10	263
UU. carrot, chopped...	943	28.03	34.43	129.65	.322	.517	.00513	846	439	19	194
UU. celery, chopped...	1,222	31.43	56.49	146.27	.258	.577	.00515	1,576	490	11	231
UU. lettuce, chopped...	1,222	31.43	56.49	146.27	.258	.577	.00515	19,307	604	0	323
UU. watercress, chopped...	1,340	38.73	50.28	182.54	.386	.659	.00791	2,747	755	0	337
UU. Toast, buttered...	2,152	50.97	108.41	242.55	.345	.890	.00786	71	71	57	57
B. Pie: apple; not specified...	1,018	9.01	46.57	149.42	.037	.100	.00152	824	73	0	0
B. cherry...	1,189	10.47	45.36	148.52	.046	.082	.00098	1,764	46	0	187
B. chocolate...	1,011	21.14	36.15	20.75	.307	.323	.00216	816	55	5	207
B. cream...	885	20.75	30.87	131.06	.341	.362	.00219	0.00273	1,172	5	248
B. custard...	772	24.32	41.37	75.57	.382	.421	.00219	904	77	5	248
B. mince...	1,841	25.25	109.77	188.18	.221	.323	.00219	0.00415	1,347	17	44
B. pumpkin...	540	15.91	22.15	69.21	.353	.415	.00326	1,175	70	15	185
B. Pie crust...	2,284	34.26	147.20	205.56	-	-	(0)	(0)	0	0	0
B. Flak...	2,456	30.73	169.29	202.23	.068	.265	.00287	2,169	13	0	171
B. Cake: Boston cream pie...	1,112	22.77	33.01	181.15	.349	.349	.00295	1,383	68	0	253
B. cheese...	987	50.79	42.78	85.03	.390	.655	.00559	1,879	73	2	123
B. egg (one)...	1,597	29.40	59.51	236.25	.218	.359	.00333	1,988	55	1	86
B. fruit cake...	1,337	18.10	9.24	294.58	.312	.458	.01481	230	103	1	108
B. sponge...	1,259	23.27	10.77	267.45	.105	.303	.00347	87	52	1	49
B. dry mixture (dark)...	1,664	22.50	53.01	274.50	.345	.432	.01277	1,779	27	1	49
B. Crullers; doughnuts...	1,707	28.42	74.38	231.02	.154	.311	.00319	43	43	1	49
B. Cookies: ginger snaps...	1,793	29.08	58.32	287.91	.281	.510	.01502	0	35	1	52
B. molasses...	1,789	23.31	75.06	255.03	.414	.680	.01619	358	1,979	0	151
B. oatmeal...	1,460	40.15	38.46	238.46	.243	.655	.00887	253	1,047	1	52
B. sugar...	24.80	25.846	258.99	107	.311	.311	.00595	1,966	68	1	89
B. cream puffs...	1,637	19.23	315.82	101.28	.252	.386	.00355	1,966	77	3	187

COOKED FOODS --- NUTRITIVE VALUES PER POUND
(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
B. <u>Gingerbread</u>	1,195	21.88	16.68	240.54	0.407	0.224	0.01453	0	0	0	0
B. <u>Gingerbread mixture (dry)</u>	1,624	26.97	37.27	295.03	.506	.280	.01793	1,026	10	0	0
UU. <u>Brown betty; apple</u>	621	6.22	14.51	116.70	.082	.181	.00276	93	95	0	116
UU. <u>peach</u>	585	8.20	13.99	106.97	.128	.213	.00221	4,067	217	45	588
UU. <u>prune</u>	1,225	12.51	21.16	246.30	.199	.432	.00802	5,565	312	32	287
UU. <u>Chocolate pudding</u>	594	19.23	23.76	75.99	.617	.585	.00158	789	96	10	82
B. <u>Chocolate pudding, dry mixture</u>	1,791	28.47	62.47	278.61	.108	.0436	1,853	1,853	127	46	221
UU. <u>Date blanc manger</u>	620	14.04	17.25	102.21	.500	.406	.00409	734	110	7	181
UU. <u>Rice pudding, pineapple sauce</u>	576	9.04	10.08	112.12	.320	.253	.00111	562	127	7	200
UU. <u>Pudding; apple</u>	538	15.67	2.71	131.13	.074	.00147	.00665	5,396	53	53	161
UU. <u>Apricot</u>	451	8.96	14.63	85.83	.457	.521	.00142	1,594	70	19	(0)
UU. <u>Peach</u>	267	6.67	12.28	76.23	.315	.275	.00142	(.50)	81	14	28
O. <u>Corn meal mush</u>	358	11.36	1.48	56.67	(.012)	(.114)	(.00067)	2,447	51	51	(0)
UU. <u>Macerated with tomato sauce</u>132	.033	.132	.00114	2,447			
Eggs											
UU. <u>Eggs; hard-boiled, creamed</u>	649	34.99	45.20	25.46	.400	.568	.00643	2,707	140	4	341
UU. <u>hard-boiled with tomato sauce</u>	422	24.69	25.90	22.32	.141	.362	.00595	5,650	157	68	198
UU. <u>omelette</u>	475	30.63	33.75	12.47	.400	.600	.00657	2,300	108	1	234
UU. <u>goldenrod</u>	682	38.43	49.11	21.62	.148	.558	.00792	3,176	165	4	372
UU. <u>scrambled</u>	725	51.93	54.03	7.67	.420	.774	.01086	4,053	205	3	476
UU. <u>souffle</u>	576	39.40	35.72	24.27	.478	.681	.00737	2,645	196	5	413
Milk products											
UU. <u>Custard, baked</u>	487	23.43	24.16	43.92	.560	.523	.00320	1,416	119	8	327
UU. <u>Custard sauce</u>	681	25.73	35.33	47.12	.567	.795	.00822	3,171	203	8	370
Fats											
O. <u>Mayonnaise</u>	3,200	8.00	34.489	16.00	(.022)	(.101)	(.00146)	(510)	(25)	(0)	(30)
Meats											
UU. <u>Beef; cakes, broiled</u>	907	113.65	41.59	19.45	.089	1.274	.01337	397	317	4	675
UU. <u>cooked beef</u>	1,559	107.05	125.64	-	.062	1.154	-	-	-	-	(630)
UU. <u>ground beef, with rice and tomato</u>	465	29.82	9.00	66.01	.058	1.454	.00519	4,981	-	-	81
UU. <u>hamburger steak, pan-broiled</u>	800	110.00	40.00	40.00	.064	1.186	.01650	(387)	(258)	(0)	(645)
UU. <u>beef liver, creamed</u>	671	52.94	38.28	38.28	.313	.655	.01665	19,910	19,910	53	2,115
UU. <u>beef loaf</u>	732	81.67	31.08	31.08	.302	1.052	.01067	240	240	53	563
UU. <u>beef stew with vegetables</u>	378	25.03	13.03	13.03	.361	.101	.00434	142	142	43	172

COOKED FOODS -- NUTRITIVE VALUES PER POUND
(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phosphorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
F. Veal: cutlets.....	1,390	111.25	68.56	82.00	0.065	1.199	0.01669	(0)	(155)	650	(567)
WW. Lamb: roast leg, EP.....	755	99.07	39.90	0	.057	1.068	0.01486	(0)	(136)	(0)	(660)
F. Pork: fried ham.....	1,780	107.25	150.11	0	.062	1.156	0.01609	(10)	1,955	(0)	510
F. roast pork, EP.....	1,440	83.25	123.00	0	.048	1.156	0.01219	(10)	1,520	(0)	
F. Miscellaneous meat products:.....	686	87.74	22.20	33.83	.127	1.026	0.03342	37.919	481	96	3,901
UU. Liver loaf.....	461	34.40	15.87	15.87	.065	1.026	0.01204	18,530	62	104	1,297
UU. Liver and spaghetti.....	364	29.78	14.99	14.99	.066	1.116	0.00487	104	104	1	107
UU. Poultry: chicken and browned rice.....											
FISH AND OTHER SEA FOOD											
UU. Fish: chowder, not specified.....	409	26.96	16.81	37.64	.305	.459	.00239	2,279	82	21	207
O. codfish cakes.....	941	32.94	67.97	49.41	—	—	—	—	—	—	—
UU. haddock, creamed.....	477	53.89	19.50	21.61	.307	1.729	0.00304	43	4	258	143
F. mackerel, fresh, cooked, EP.....	711	88.91	39.46	60.45	.097	1.021	0.00469	1,408	186	(227)	(227)
UU. salmon loaf.....	946	79.14	60.87	20.55	.131	28.53	0.00363	2,838	0	400	400
UU. tuna fish, creamed.....	588	60.63	28.53	21.87	.316	.362	0.00820	500	70	20	259
B. shellfish: clam chowder.....	510	20.30	21.02	59.63	.042	.345	.00213	555	415	(10)	(135)
F. oysters, fried.....	1,520	38.75	105.89	103.00	.045	.345	—	—	—	—	
VEGETABLES AND FRUITS											
UU. Potatoes: boiled.....											
UU. creamed.....	409	12.22	15.65	21.79	2.64	1.69	.00413	(18)	(68)	(113)	(113)
UU. mashed.....	457	11.25	10.45	15.17	5.44	1.74	.00255	590	36	148	148
UU. scalloped.....	555	27.67	10.60	10.60	3.44	3.34	.00325	583	158	214	214
K. Soy sauce.....	315	10.60	10.60	10.60	1.00	1.00	.00123	510	63	103	103
UU. Tomatoes, scalloped.....	337	10.60	10.60	10.60	1.00	1.00	.00380	7,721	63	103	103
K. Tomato paste, puree; sauce.....											
UU. Tomatoes (canned).....	(453)	(6.77)	(32.28)	(33.53)	(.055)	(.131)	(.00204)	(6,657)	(136)	(47)	(116)
B. Tomato letchup.....	620	16.87	5.09	2.64	.153	.153	.00123	26,515	65	200	200
B. Chili sauce.....	380	9.57	2.76	78.24	.131	.131	.00123	13,778	282	117	117
UU. Cabbage, buttered.....	406	8.77	26.91	32.05	.276	.276	.00123	3,721	352	332	332
UU. Spinach, fresh, buttered.....	319	15.38	19.50	21.12	.181	.181	.00123	5,196	325	325	325
UU. Asparagus, fresh, buttered.....	437	10.39	35.96	35.96	.247	.247	.00123	4,978	146	146	146
UU. Beans, baked lims, with tomato sauce.....	535	22.87	10.36	87.36	.250	.250	.00468	189	118	118	118
UU. Beans, snap, buttered.....	350	11.65	11.71	36.45	.146	.146	.00274	246	115	115	115
UU. Beans, snap, canned, buttered.....	198	5.19	17.47	17.47							

COOKED FOODS — NUTRITIVE VALUES PER POUND

(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-photous	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units
UU. Broccoli, buttered.....	312	13.04	19.13	21.76	0.065	0.027	0.00556	127	58	680	680
UU. Peas, canned, buttered.....	349	16.50	11.62	44.60	4.636	2.884	0.00570	163	69	119	119
UU. Peas, creamed.....	349	17.15	8.81	50.36	1.12	.349	.00527	107	43	93	253
UU. Carrots, buttered.....	469	6.15	29.00	45.19	.277	.229	.00317	243	34	222	222
UU. Beets, canned, buttered.....	459	6.80	22.44	57.89	.137	.171	.00353	66	18	170	170
B. Corn chowder.....	615	14.30	31.26	69.10	.250	.361	.00243	105	35	249	249
UU. Soup; creamed asparagus.....	301	12.43	17.06	52.43	.621	.361	.00196	1.618	80	28	412
B. Creamed lime bean.....	615	14.77	48.62	118.47	.621	.753	.00158	1.627	16	27	27
B. Creamed mushroom.....	1,098	46.77	9.37	20.38	.066	.134	.00078	1.707	1	25	25
B. Vegetable.....	1,264	9.37	2.90	22.46	.062	.088	.00132	1.323	100	50	50
UU. Apple sauce, fresh.....	305	1.21	1.21	1.61	.947	.056	.00135	1.323	100	100	100
UU. Apple sauce, canned.....	349	.88	1.16	83.85	.021	.035	.00106	1.489	135	46	46
UU. Apple sauce, with custard sauce.....	501	16.17	13.60	10.45	.295	.350	.000255	1.489	135	46	46
UU. Banana, with fig sauce.....	632	7.06	10.45	127.64	.173	.188	.00026	985	107	47	47
UU. Banana, with raisin sauce.....	633	5.32	12.69	127.65	.066	.196	.00653	979	107	47	47
O. Cranberry sauce.....	1,067	—	1.18	263.98	(.044)	(.030)	(.00100)	1.168	74	0	0
UU. Fruit cup.....	1,487	4.33	2.53	111.75	(1.92)	(1.92)	(.00120)	1.168	74	0	0
UU. Fruit salad, canned.....	(333)	(3.29)	(3.29)	(80.02)	(.063)	(.063)	(.076)	1.168	74	0	0
UU. Pears, baked.....	1,428	1.44	1.44	17.30	1.51	1.51	.01151	1.168	74	0	0
UU. Pineapple with custard sauce.....	470	1.30	1.30	16.98	1.51	1.51	.01151	1.168	74	0	0
UU. Apples, dried, stewed.....	322	1.44	1.44	1.97	1.51	1.51	.01151	1.168	74	0	0
UU. Apricots, dried, stewed.....	558	7.11	7.11	128.97	5.77	5.77	.01151	1.168	74	0	0
UU. Apricot whip.....	266	12.24	12.24	110.47	1.51	1.51	.01151	1.168	74	0	0
UU. Peaches, dried, stewed.....	406	3.31	3.31	161.47	1.51	1.51	.01151	1.168	74	0	0
UU. Pears, dried, baked.....	742	6.55	6.55	152.47	1.51	1.51	.01151	1.168	74	0	0
UU. Prunes, dried, stewed.....	580	4.05	4.05	152.47	1.51	1.51	.01151	1.168	74	0	0
UU. Prune whip.....	747	13.69	13.69	140.47	1.51	1.51	.01151	1.168	74	0	0
SUGARS											
B. Jam, not specified.....	1,000	1.82	1.36	245.17	104.26	104.26	.064	.093	12.25	12.25	.062
UU. Prune and apple jelly.....	1,453	7.92	.54	1.36	1.36	1.36	.125	.093	29.20	29.20	.69
MISCELLANEOUS PRODUCTS											
O. Cucumber pickles.....	70	2.27	1.36	12.25	155.56	155.56	.071	.331	—	—	73
B. Mincemeat.....	980	23.86	29.20	2.560	2,560	2,560	.114	.25	61	61	263
B. Vegetable relish.....	251	3.06	.69	—	—	—	.071	.24	66	66	245

